



Your health. Your food. Your choice.



Healthy options are here!

We heard you say that having access to healthy choices at work is important.

We're now offering items with:

- Less than 250 calories
- Less than **10**% of calories from saturated fat
- Less than 35% of weight from sugars
- Less than **360 mg** sodium

At least half of vending items meet the Nutrition Guidelines. Some exceptions apply.



Healthy snacking just got easier.

www.doh.wa.gov/choosewell-livewell

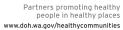




This work supports the Washington State Plan for Healthy Communities. The Sodium Reduction in Communities Program is made possible by funding from the Centers for Disease Control and Prevention. Content for this poster was adapted from the New York City Department of Public Health and Mental Hygiene.

For persons with disabilities, this document is available on request in other formats. To submit a request, please call 1–800–525–0127 (TDD/TTY 711).









PRINTING SPECIFICATIONS

Title: Healthy Options Are Here! (poster)

Size: 11 x 17"

Paper stock: 80# cover, smooth, white

Ink color: 4CP/0, no bleeds

DOH Pub #: 340-237